



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01047, Cheese food, pasteurized process, swiss

Report Date: June 25, 2017 01:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	43.67	--	0.138	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	323	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	1352	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	21.92	--	0.695	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	24.14	--	0.249	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	5.77	--	0.067	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	4.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Minerals													
Calcium, Ca	mg	723	--	31.542	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	0.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Phosphorus, P	mg	526	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	284	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	1552	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	3.55	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	16.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.400	--	0.023	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.104	--	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.500	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.035	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folate, total	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folate, DFE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	2.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin A, RAE	µg	237	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	233	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	856	--	58.062	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lipids													
Fatty acids, total saturated	g	15.487	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
4:0	g	0.787	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
6:0	g	0.472	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
8:0	g	0.265	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
10:0	g	0.552	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
12:0	g	0.546	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
14:0	g	2.695	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
16:0	g	6.938	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:0	g	2.511	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fatty acids, total monounsaturated	g	6.801	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
16:1 undifferentiated	g	0.653	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	5.691	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fatty acids, total polyunsaturated	g	0.600	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:2 undifferentiated	g	0.330	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:3 undifferentiated	g	0.270	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cholesterol	mg	82	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.319	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Threonine	g	0.711	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Isoleucine	g	1.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Leucine	g	1.938	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Lysine	g	2.175	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Methionine	g	0.567	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cystine	g	0.141	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	1.113	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Tyrosine	g	1.199	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Valine	g	1.313	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Arginine	g	0.917	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Histidine	g	0.893	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Alanine	g	0.550	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Aspartic acid	g	1.346	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glutamic acid	g	4.549	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glycine	g	0.361	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Proline	g	2.230	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Serine	g	1.058	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Other													